

Psychology Grand Rounds

Department of Psychiatry, Psychology Division

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Meeting ID: 638 745 8133

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“Interpersonal Psychotherapy (IPT) for Perinatal Bereavement”

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Thursday, January 19th, 2023
12:00pm-1:00pm

*1 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the

SPEAKER: Dr. Bleiberg has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Kathryn Bleiberg is Associate Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine where she sees patients in the Faculty Practice and teaches. She has expertise in Interpersonal Psychotherapy (IPT) and has worked on numerous IPT studies and published numerous book chapters and papers related to IPT over the past 25 years. Dr. Bleiberg has a particular interest in IPT for the treatment of peripartum mood disorders.

Abstract: Millions of women experience pregnancy loss each year. Many women and their partners experience symptoms of complicated bereavement following these losses. Anticipating future pregnancy, women who are struggling with symptoms of depression often prefer to avoid antidepressant medications and use non-medication interventions to manage their symptoms. Interpersonal Psychotherapy (IPT), an empirically grounded, time-limited, semi-structured psychotherapy that has demonstrated efficacy in the treatment of major depression is excellent option for these patients

Learning Objectives:

1. Assess symptoms of complicated bereavement among patients who have experienced perinatal loss.
2. Facilitate mourning with patients who are experiencing symptoms of depression related to perinatal loss.
3. Anticipate psychological challenges patients may experience during pregnancy following perinatal loss

References:

1. Bleiberg, K.L. & Markowitz, J.C. (2021). Interpersonal psychotherapy for depression. In D. Barlow (Ed.), Clinical handbook of psychological disorders (6th ed.) (pp 217-338). New York: The Guilford Press.
2. Bleiberg, K.L. (2012). Interpersonal psychotherapy for peripartum depression. In J.C. Markowitz and M.M. Weissman (Eds.) Casebook of interpersonal psychotherapy (pp. 224-242). New York: Oxford University Press.
3. Jaffe, J., Diamond, M.O. & Diamond, D. (2005). *Unsung Lullabies: Understanding and Coping with Infertility*. New York: St. Martin's Griffin.
4. Kohn, I., Moffit, P.L. & Wilkins, I.A. (2000). *A Silent Sorrow: Pregnancy Loss – Guidance and Support for You and Your Family (Revised & Updated 2nd Edition)*. New York: Routledge.
5. Neugebauer R., Kline J., Bleiberg K., Baxi L., Markowitz J.C., Rosing M., Levin B., & Keith J. (2007) Preliminary open trial of interpersonal counseling for subsyndromal depression following miscarriage. *Depression and Anxiety*, 24, 219-222.
6. Neugebauer R., Kline J., Markowitz J.C., Bleiberg K., Baxi L., Rosing M., Levin B., & Keith J. (2006) Pilot randomized controlled trial of interpersonal counseling for subsyndromal depression following miscarriage. *Journal of Clinical Psychiatry*, 67, 1299-1304.